



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 04-04-12)

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100353 - SWEET POTATOES, FROZEN, RANDOM CUT CHUNKS, 5 LB

Nutrition Information

Sweet potatoes, random cut chunks,
baked, without salt

CATEGORY	<ul style="list-style-type: none">Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none">U.S. Grade A, frozen random cut (chunks, pieces, or slices) sweet potatoes, golden, yellow, or mixed.
PACK/YIELD	<ul style="list-style-type: none">6/5 lb bags per case.One 5 lb bag AP yields about 11½ cups cooked sweet potato chunks and provides about 46.2 ¼-cup servings cooked vegetable.One lb AP yields 0.95 lb (about 2¼ cups) cooked sweet potato chunks and provides about 9.24 ¼-cup servings cooked vegetable.CN Crediting: ¼ cup cooked sweet potato chunks provides ¼ cup vegetable.
STORAGE	<ul style="list-style-type: none">Store unopened frozen sweet potatoes at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Stack packages tightly to prevent temperature fluctuation. Temperature changes shorten life and speed deterioration.Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

	¼ cup (44 g)	½ cup (88 g)
Calories	44	88
Protein	0.75 g	1.5 g
Carbohydrate	10.30 g	20.59 g
Dietary Fiber	0.8 g	1.6 g
Sugars	4.03	8.07
Total Fat	0.05 g	0.11 g
Saturated Fat	0.01 g	0.022 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.24 mg	0.48 mg
Calcium	15 mg	31 mg
Sodium	4 mg	7 mg
Magnesium	9 mg	18 mg
Potassium	166 mg	332 mg
Vitamin A	9183 IU	18366 IU
Vitamin A	459 RAE	918 RAE
Vitamin C	4.0 mg	8.0 mg
Vitamin E	0.34 mg	0.68 mg



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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">Frozen sweet potatoes may be prepared from a frozen or thawed state. To thaw, place bag in refrigerator 24-48 hours before use.CONVENTIONAL OVEN: Bake at 350 °F for 1 hour and 30 minutes until internal temperature reaches at least 135 °F. Add one or more seasonings, such as cinnamon, grated lemon rind, or grated orange rind. Add raisins or drained canned fruit before heating for more flavor.STEAMER: Heat in steamer at 5 lb pressure for 3 minutes or long enough to bring to serving temperature. Do not boil.
USES AND TIPS	<ul style="list-style-type: none">Use in soups or in baked goods such as sweet potato pie or sweet potato bread.When using frozen sweet potato cuts in place of canned sweet potatoes in light syrup in recipes, it may be necessary to adjust the level of sweetener used.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">Do not refreeze sweet potatoes.Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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